

# GRAND CANYON NATIONAL PARK RESEARCH OFFICE

## RIVER TRIP INFORMATION AND GEAR LIST

The following is a brief list of information and equipment you may need to enhance your enjoyment and maximize your safety while on the river.

### PRE-LAUNCH

Prior to launching the trip leader will brief you on your responsibilities and duties as a passenger/crew member of the river trip. By this time, you should have notified the trip leader of any physical conditions, medical conditions (and associated medications), and/or dietary restrictions (minimum of ten days before the trip) that may affect your safety and well-being.

Briefly, you will be expected to assist in the cleanup and care of the camps, attraction sites, and work sites. You will help load and unload equipment and personal gear from boats. Kitchen and sanitation duties are shared by all trip members and directed by the trip leader and/or cook. All human solid waste will be containerized and removed from the canyon. All urine will be deposited in the river or below the high water line.

### ON THE RIVER

You must wear a properly fastened life jacket at all times while on the river. For your safety, instructions by the craft's river ranger/guide must be followed explicitly.

### EQUIPMENT LIST

Your clothes will get dirty, used and abused. Don't bring the good stuff for on the river. Bring sturdy and comfy clothes that will hold up to the rigors of a rafting trip. *Nylon* dries quickly and you will be **wet**. Cotton is comfortable, but takes more time to dry. Too much stuff is a hindrance. If you are only going on half the trip, you can minimize this list. If you are taking a spring or fall trip, make sure to look at the **Extra Gear List** for those trips.

## SUMMER SEASON CLOTHING AND EQUIPMENT LIST

(Modify to suit your needs)

- |           |  |
|-----------|--|
| ___ Shoes | Must be able to stay on your feet in rapids. Can include rubber-soled sneakers, "Texas", sandals, etc. |
| ___ Boots | For work projects and/or hiking in or out of canyon.   |
| ___ Socks | Two pairs, to protect your feet from sunburn   |

- \_\_\_ Shorts                    One pair for every 2-3 days; good quality nylon river shorts are best.
  
- \_\_\_ T-shirts                 One for every 2-3 days. Short sleeves; at least one long-sleeve works well for sun protection.
  
- \_\_\_ Swimsuits              One for every 2-3 days.
  
- \_\_\_ Pants                    One set for sun protection. Lightweight cotton surgical scrubs work well. If you are extra sun sensitive, bring light cotton gloves and socks.
  
- \_\_\_ Hat                        Two. A must for everyone. Baseball or broad brim styles in cotton, nylon, or felt. A hat leash or shoe string helps to secure it. Have an extra hat as a back-up in case one goes for a swim or blows away in one of the Grand Canyon's famous winds.
  
- \_\_\_ Bandana                 One. Lots of uses. Get it wet to cool your neck down. Keep it dry and wipe your glasses clean.
  
- \_\_\_ Sunglasses             One pair. If you also wear prescription glasses, bring an extra pair as back up. Contact lenses will get dirty – spares are recommended.
  
- \_\_\_ Eyeglass Retention Device                    One or two pairs. Chums, Croakies, or other. This is a small investment to protect a large one.
  
- \_\_\_ Flashlight                One small one. Headlamp is best. Bring spare batteries and bulb.
  
- \_\_\_ Camera                    A waterproof camera sports bag or case is good for quick and easy access. Water resistant/proof cameras hold up well in the wet and sandy conditions.
  
- \_\_\_ Water Bottles            One or two. Bring 2 quart capacity. If you are hiking in or out of a trip, have one gallon capacity. It is important to **drink lots of water** each day of the trip. Always fill your water bottles from the water filter before you break camp each morning. A water jug is available for refill at lunch.
  
- \_\_\_ Carabiners                One to three. They come in many sizes and are handy to clip miscellaneous items (camera bags, cups, etc.) to your personal ammo can or the boat. The larger the better.

- \_\_\_ Fanny Pack or small Day Pack  
One. For side hikes to carry camera, water bottle, lunch, etc.
- \_\_\_ Cup  
One. An unbreakable plastic cup with a handle is best. Can be clipped to personal ammo can with a carabiner for easy access.
- \_\_\_ Sunscreen  
One to two bottles. SPF 15 or higher. Use it everyday. Some sunscreens for babies won't sting eyes – good if you use on forehead.
- \_\_\_ Toiletries  
Bring the usual (toothbrush, paste, etc.) Shampoo and biodegradable soap are good for washing in the river – no soap of any type allowed in side streams. Bring extra moisturizing lotion – the extremes of dry, hot air, and constant evaporation of wet skin will test the limits of anyone's hide. Include lip balm. A small mirror can be of use, and a towel.
- \_\_\_ Money  
For incidentals on the way to Lee's Ferry, at Phantom Ranch, and on ride back to Flagstaff.

### **Foul Weather Gear**

- \_\_\_ Rain Suit or Paddling Jacket  
One top and pants. Coated nylon rain wear in the \$20-\$50 range is a good investment if you do not already own a set. Bring your good set if you already have one.
- \_\_\_ Synthetic Underwear  
One top and bottom. Lightweight polypropylene or capilene underwear is good for layering under rain gear or on cool mornings.
- \_\_\_ Lightweight Pile Jacket or Sweatshirt  
One. Synthetic pile (Polarfleece or similar) is good for cool nights, hiking near the rim (when hiking in or out), or cool summer rain.
- \_\_\_ Wetsuit Boots or Socks  
One pair. Good for in boat wear if feet tend to get cold easily. Boots should have good soles for walking on rocks.

### **Sleeping Gear**

- \_\_\_ Sleeping bag

\_\_\_ Sleeping bag liner

A flannel sheet will add a little extra warmth in the spring and fall, and if it is very hot in the middle of summer, a light sheet may be all you want to sleep in.

\_\_\_ Sleeping pad

\_\_\_ Small tent

Dome style is the best choice for the Grand Canyon. Tent stakes are not suitable in the deep sand or on rock ledges. A tent is not required, but be aware that a rain shower can occur any time of year.

### **Optional items**

Waterproof guidebook of the river

Small pillow

Small binoculars

Harmonica or small instrument

Pocket knife

Small roll of duct tape

Ziplock bags

### **EXTRA GEAR FOR SPRING AND FALL TRIPS**

(April, Early May, Late September and October)

- One set of your very best rain gear.
- One tent.
- One pair of wet suit booties.

In addition to the items above and on the basic list, the following things should be included:

- One pile or wool hat
- One pair of pile or wool gloves
- One pair of pile pants.
- Maybe a flannel shirt, blue jeans or other cotton clothes to wear in camp.
- One extra set of synthetic underwear. Could even be mid-weight.
- One extra pile top.
- One or two extra pairs of socks
- Extra flashlight batteries

It is impossible to perfect a list of things to bring. Each day in the wilderness is different and brings its own set of challenges. Please consider what will be important to you and pack accordingly.